

ABSTRACT OF THE DISCLOSURE

Kits of feminine hygiene products are disclosed. In particular, kits which may be used as learner kits are disclosed. Such kits preferably include at least an absorbent tampon having an absorbency of less than or equal to about 6 grams according to the syngina test. Also included are a backup feminine hygiene article such as a pantiliner, sanitary napkin, or absorbent interlabial device. Other optional components such as a mirror, finger cover, glove, lubricant, bonus product, an instruction booklet, may also be included in the kit. Also disclosed are non-absorbent training tampons which may be used to assist a new tampon user in getting the feel for proper tampon insertion technique.